Governors State University

Jaguar Cafe

Arena Food Service, Inc.

Week of November 30

HOMESTYLE CREATIONS

MONDAY

Stuffed Meatloaf

Sour Cream Mashed Potato and Gravy
Wild Rice Pilaf
Buttered Lima Beans
Steamed Cauliflower

TUESDAY

BBQ Chicken

Macaroni and Cheese
BBQ Baked Beans
Rice Pilaf
Au Gratin Potato
Creamed Spinach

WEDNESDAY

Beef and Chicken Tacos

Refried Beans
Spanish Rice
Peppers and Onions
Roasted Potatoes Mole

THURSDAY

Ramen Bowl

Seasoned Chicken and Shrimp
Jasmine Rice
Chickpea Tofu
Steamed Baby Carrots
Garlic Mashed Potatoes

FRIDAY

Fish & Chips

Corn Fritters
Slow Cooked Pinto Beans
Saffron Rice
Candied Brussel Sprouts

SOUPS

Monday: Chicken Noodle
Tuesday: Broccoli Cheddar
Wednesday: White Bean Chicken
Thursday: Tomato Pesto
Friday: Chicken Wild Rice

Pop-Up

Tuesday - Double Smash Burger
Wednesday - Acai Bowl

FOOD WITH PURPOSE.
PEOPLE AT THE HEART.

